



Yoga City Break - Summer 2017 in picturesque city of Split, Croatia

3 day break - dates

July 8th-10th

August 5th- 7th

August 12th -16th

5 day - break dates

July 8th – 12th

August 5th- 9th

August 12th - 16th



Tailored 3-5 day break in Split, Croatia

- ◆ Energise through Yoga practice ◆ Discover the beaches of Split ◆ Eat healthy
- ◆ Enjoy the healing qualities of nature in the Mediterranean

Being a yoga coach and living in the picturesque city of Split is a blessing. The city is surrounded by mountains, rivers, and the sea, with a mild Mediterranean climate and culinary delights to help the body and mind heal and rejuvenate.

Although a magnet for tourists, Split retains its calmness and slow pace. It is soulful, contemplative, and an inspirational place to visit. A nectar for many artists and sport adventurers, as well as for nature lovers and yogis.

Every year we host yoga friends and travelers who want to explore the city and the surrounding area. With healthy breaks, activities and dining on offer, you can experience positive change at this magical place.

, experiences. We are inviting you to a unique 3 or 5 day yogi tour in Split!



Program

- 07:30 – 10:00 Yoga practice that energises and rejuvenates (indoor or outdoor)
- 10:00 - 11:00 Healthy vegan brunch at local vegan café
- 11:00 - 19:30 Day trip includes lunch, bike city tour, or beach time*
- 20:00 - 21:30 Join local yoga group for soft hatha yoga practice (optional, complimentary)

Excursion – Canyoning at Cetina river with lunch at an authentic Tavern

Enjoy stunning nature and refreshing swim at Cetina river!

Canyoning at Cetina River is a combination of walking, hiking, sliding down rapids, swimming in crystal clear natural water pools while walking through caves, and swimming beneath the highest waterfall on river Cetina.

Includes some cliff jumps (they are optional). Once the guide provides you with a wet suit, life vest and helmet, you are ready for the adventure of your life! All you need for this trip is a swimsuit, sport shoes and an adventurous spirit - and you are ready for the expedition!!

We finish the trip at a local tavern tasting home-made vegan delights.





Optional activities

- Explore the Diocletian Palace and Old town (local guided tours available)

Half-day trips

- Take a refreshing dip in Zrnovnica river, enjoying a delicious vegan lunch at a magical local watermill (well known Games of Thrones scenery)
- Visit the ancient ruins of Salona city (half day trip)
- Boat trip to Brac island (full day trip)

What is included in the package:

- ✓ Morning yoga class
- ✓ healthy vegan brunch
- ✓ 1 excursion
- ✓ 1 lunch
- ✓ bicycle
- ✓ assistance with finding accommodation
- ✓ pick up and drop off to and from airport

Our fee for the package

3-days: 590 € 5-days: 790 €

Early bird booking before 1 January, 2017 will receive 10% discount 😊

Cancellation policy: non-refundable deposit of 350 € - remaining balance (total less deposit) is due on day of arrival.



Program coaches



Lea (Ms Psychology) is a dedicated yogini, with over 25 years experience in yoga. Her background stems across various yoga styles and its traditions (Ashtanga, Vinyasa, Integral, Sivananda and Therapeutic), which she studied in India, USA and Europe. Lea is also deeply inspired by Buddhist Vipassana meditation and is an advocate of vegan culture. Her work and writings have inspired and motivated hundreds of people to change their lifestyle habits, and improve their health. Lea is a co-founder of Scandinavian yoga centre 'Zenit Yoga' and is an Associate at the Institute for Health in Split, Croatia. Besides yoga, she has a Master's in Psychology from a Norwegian university, with work experience as university lecturer and international HR consultant.

Nikola (Prof. Kinesiology) has been trained in classical hatha yoga (Bihar school), meditation, and yoga philosophy (disciple of Yogananda's lineage) and bodywork. He practices Shiatsu and Shin Tai methods alongside his full-time Yoga dedication. He is Head of Support at The Institute Health in Split, Croatia. Promoting yoga, shiatsu & related body-mind practices, also publishing his own papers. Nikola combines the knowledge of yoga with traditional and modern bodywork techniques such as traditional shiatsu, work with fascia, central channel release approach (Shin Tai), elements of craniosacral therapy and other subtle techniques that support the opening of energy flow and increases communication between layers of human being. He runs seminars and retreats all year-around, and has local expertise in the Split culture deeply understanding its nature. Nikola will support the team in July 2017.

How to get there

- ➔ Fly to Split, Croatia (you can also try Zadar airport as an alternative). We will pick you up at the airport!

For flights, we suggest the following sites: www.skyscanner.com, www.cheapoair.com, airtickets24.com

Accommodation

Accommodation is not included in the price and should be booked directly with one of the suggested hotels or apartments (see below) quoting "Yoga City break". You will receive a discount if you book before 1 January, 2017. For morning classes, we will pick you up if your accommodation is more than a 30 min walk, or 15 min bike ride from the yoga studio.

10-20 min walk to morning yoga sessions

Lovely apartment for 3-4 people
<https://www.airbnb.com/rooms/556403>

Stylish/cosy accommodation in the middle of old town Split
<http://www.apartments-dosud.com/index.php>

20 min walk to morning yoga sessions

Modern and stylish - Divota apartment hotel <http://divota.hr/apartments/>
Classic style apartment in the villa for 3-5 people
https://www.facebook.com/casadelsolsplit?__mref=message

15 min drive to morning yoga sessions (we pick you up)

Luxury style accommodation

Eco hotel Split
<http://hotelsplit.com/en/>

Le Meridien Resort & Spa
<http://www.lemeridienlavsplit.com/>

For other convenient accommodation options stay close to this address: Mazuranicevo setaliste 9a (where yoga studio is)

Booking and inquiry

For further enquiries, please contact our friendly staff at Amy's Green Travel quoting "Yoga holiday"

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